



# PASSAGES

positive attitude supports solutions awareness growth education success

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## Fast Facts

- Volunteering promotes the practice of responsibility
- Service learning is positively correlated with academic success
- Gratitude is related to happiness, connection to others, and sound sleep
- Volunteering promotes respect for self, others, the environment, and the community
- Volunteering inhibits antisocial behavior in young people
- Volunteers share their skills and learn new skills
- Volunteering promotes a sense of belonging
- Volunteers make an impact
- 15.5 million young people in America are volunteers
- A youth from a family where at least one parent volunteers is twice as likely to volunteer as a youth with no family members who volunteer



**Visit these sites for more:**

- [Nationalservice.gov](http://Nationalservice.gov)
- [Learningtogive.org](http://Learningtogive.org)
- [Dosomething.org](http://Dosomething.org)

## Youth Volunteering: Vital to the Community

By Caren Caty, Ph.D.

A recent federal survey on youth volunteering reported young Americans contribute over 1.3 billion hours of community service annually. Volunteering can benefit a young person in many ways.

Providing service to others has been identified as a developmental asset, a building block for positive child and adolescent development. Volunteering often involves working as a member of a group while providing a service. Through this connection to the real world important developmental tasks are practiced. Volunteering can provide the volunteer with opportunities to interact with people from different cultures and walks of life, fostering community involvement, a sense of belonging, the practice of responsibility, and the promotion of prosocial, helping behaviors. For young people who have a tendency to isolate due to shyness, low self-esteem, or lack of confidence, volunteering can be an empowering experience that validates the volunteer's ability to make a difference in their world. Positive feelings that come from participating in making a positive difference in the lives of others or the community supports the development of empathy and gratitude.

Positive emotions such as gratitude are often reported by those who give of themselves in the service of helping others. The feeling of gratitude has been shown to improve happiness, connection to others, and even sleep. In addition, grateful people are less likely to experience anger, resentment, and regret, therefore reducing their level of stress. When schools incorporate service learning into their curriculum research consistently points to positive correlations between service learning and academic success for school-age youth.

Studies have also found that students who were disengaged from school experienced positive changes during the time of their involvement in service learning. These students were more likely to believe they were contributing to the community, reported less feelings of boredom, more engagement in academic tasks, fewer days of absence from school, and were more accepting of diversity. In addition, volunteering increases engagement and motivation, especially for disadvantaged youth. There is also evidence that engaging in volunteer activities inhibits antisocial behavior in young people and reduces the likelihood of arrest in high risk groups.

Parent volunteers account for 2.5 billion volunteer hours annually, valued at \$54 billion. A youth from a family where at least one parent volunteers is twice as likely to volunteer as a youth with no family members who volunteer. Volunteers are vital to the health of our nation's communities and the benefits to the volunteer are numerous. What are you waiting for? Join the 15.5 million youth who participate in volunteer activities. By sharing your time and skills with others, you can help make the world a better place.

## American Humane Association Announces Four New Senior Fellows For Humane Research Institutes

TEACH  
CHILDREN  
TO BE KIND  
TO ANIMALS!

### WASHINGTON, PRNewswire

The American Humane Association announces four Senior Fellows for its Humane Research and Policy™ division.

The American Humane Association Senior Fellows bring prestigious experience, innovative ideas, and unparalleled expertise in the areas of animal welfare and child well-being for the two American Humane Association research institutes, the Children's Innovation Institute and the Animal Welfare Research Institute, which bring participatory, preventive science to our communities.

### The 2014 American Humane Association Senior Fellows include:

**Dr. Caren Caty: Senior Fellow**, Humane Research, Children's Innovation Institute. As President and CEO of Advanced Psychological Solutions, Inc.™ Dr. Caren Caty, Ph.D., developed and successfully implemented school-based mental health programs that include child and adolescent interventions, family and teacher participation, and training and supervision of counselors and psychologists. Dr. Caty's treatment manual, **PASSAGES (Positive Attitude Supports Solutions Awareness Growth Education Success)**, a counseling program for trauma-exposed youth, has been successfully implemented in several schools in the Los Angeles Unified School District. Since 2004, Dr. Caty worked as Adjunct Faculty at Phillips Graduate Institute in Encino, California instructing Group Dynamics, Supervision, Professional Writing, Writing for Publication and School-Based Mental Health Issues & Interventions with Children. Dr. Caty received her Ph.D. in Clinical Psychology from the California School of Professional Psychology, with a multicultural, community-clinical psychology specialty, following a Master's in the same field from Antioch University and a B.A. in English and a certificate in Women's Studies from the University of Southern California. She will work closely with the Children's Innovation Institute to design a model for the benefit of children dealing with grief, violence, and trauma.

**Suzanne Lohrbach: Senior Fellow**, Humane Research, Children's Innovation Institute. Sue returns to American Humane Association where she previously served as the Vice President for Children's Programming in Humane Research and Policy. Currently, she is a Senior Program Specialist with the National Council on Crime and Delinquency Children's Research Center. The National Council on Crime and Delinquency envisions just and humane social systems that promote strong and safe communities and improve the lives of all people. Through the Children's Research Center, she works in partnership with child serving agencies to improve direct practice and organizational operations through models that integrate evidence based assessments, family centered engagement strategies, and implementation science.

**Dr. Stephen O'Brien: Senior Fellow**, Humane Research, Animal Welfare Research Institute. Dr. O'Brien served as Chief of the Laboratory of Genomic Diversity at the National Cancer Institute (NCI), National Institutes of Health (NIH) from 1986-2011.

**Dr. Michael Good: Senior Fellow**, Humane Research, Children's Innovation Institute. Dr. Good graduated from the University of Georgia College of Veterinary Medicine, and is the founder of the Underhound Railroad™ and the Homeless Pets Club™. Named as the Atlanta area's veterinarian of the year on multiple occasions, Dr. Good currently runs seven veterinary practices in Georgia, and finds the time for rescuing and transporting animals for second chance homes.

## AHA Mission

The mission of the American Humane Association is to ensure the welfare, wellness and well being of children and animals, and to unleash the full potential of the bond between humans and animals to the mutual benefit of both. [americanhumane.org](http://americanhumane.org)

### 2013 Hero Dog, Elle Loving Therapy Dog



### About Dr. Caren Caty, Ph.D.

Dr. Caty has presented her research at several conferences and published in peer reviewed scholarly journals. Dr. Caty has received several awards for her work with children and adolescents including the APA's Emory L. Cowen Award for the Promotion of Wellness and the Appreciation for People who Promote Learning Excellence from the Board of Education, City of Los Angeles.

### Dr. Caty's comments on Volunteering with the AHA

*"Community service has been a long-standing part of my life and when my amazing dogs inspired me to get involved with the AHA, I was ready. The AHA is a group of deeply compassionate individuals who work tirelessly every day for the welfare of children and animals. I am happy to join them in our work to create positive and lasting impacts in the lives of children and animals."*